

THE DROP ZONE

Friday, Jan. 18, 2008

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Little Rock Air Force Base, Ark.

Volume 54, Number 2

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My goal for you

By Brig. Gen. Wayne Schatz

314th Airlift Wing commander

Congratulations on another phenomenal ROCKEX! Last week, we asked that you work hard to ensure that we were headed in the right direction for April's Operational Readiness Inspection and Team Little Rock delivered!

It's been a busy week of events, but at every turn, Airmen from across the Rock stepped up and met the challenges set forth. Each night, as I drive home, I am reminded again of how great our Combat Airlifters are and of how proud I am to serve along side them.

Our success in this ROCKEX by no means indicates that we're 100 percent ready to go, but it is a good start.

Work areas identified area that need work base-wide; within the next

week you can all expect feedback from your chain of command about what you're doing and what you can do better.

If you aren't getting the feedback you need, seek it. Ask your supervisors for feedback – early and often. I truly believe that the only way to get better is to seek advice. As supervisors, we all need to ensure we are passing information down the chain and that our troops are educated, equipped and prepared for whatever comes next.

We'll be switching gears a little as we head into a four-day weekend. This time off is your reward for a successful 60-day run without any incidents involving driving under the influence. But as you head out the gate tonight, take a look at the signs.

The DUI trend has started to

swing up – we had three Airmen arrested for alcohol-related instances while behind the wheel of a car in the past four weeks. Enjoy your time off, but please remember: drinking and driving is wrong. It will not be tolerated. We can not let our guard down. Sixty days is a short-term goal we set. But we need to work together to get past the 60-day mark and keep going.

Our goal for this four-day weekend is to ensure we get some rest, return to duty safely on Tuesday and stay DUI free.

We have a zero DUI goal for the holiday weekend. I'm confident we can achieve it! You have shown me time and again that you can step up to and exceed any challenge we set, and I'm proud to know that this weekend will be no different! Combat Airlift!

ACTION LINE



U.S. Air Force photo

Brig. Gen.

Rowayne Schatz, Jr.

actionline@littlerock.af.mil

The Action Line is your direct line to me. Use it if you have questions or comments about Little Rock Air Force Base, which couldn't be resolved by your chain of command or base agencies. When you call, leave your name and phone number so you can be reached if more information is needed.



U.S. Air Force photo by Airman 1st Class Steele Britton

On the cover

Captain Aaron Miner, 463rd AG C-130 pilot, assists 1st Lt. Michael LeClair, also a 463rd AG C-130 pilot, while putting on protective gear during an exercise Tuesday. The 463rd Airlift Group conducted exercises as a part of 'Operation Rising Sun' this past week including decontamination lines, mission oriented protective posture level changes and simulated mor-

LITTLE ROCK AIR FORCE BASE SCORECARD

The mission of Team Little Rock is to train and deploy the best C-130 and C-21 combat airlifters. Here is a snapshot of the impact of everyone's contribution to our balanced scorecard.

- 314th Airlift Wing annual flying hours to date: 3,394
- 463rd Airlift Group flying hours to date: 1,775
- 189th Airlift Wing annual flying hours to date: 1,254
- C-130 Mission Capable Rates
 - 314th C-130 E MC rates: 93%
 - 314th C-130 J MC rates: 99.3%
 - 463rd C-130E MC rates: 89.1%
 - 463rd C-130H MC rate: 66.6%
 - 463rd C-130J MC rate: 97.30%
 - 189th C-130 E MC rate: 74.2%
- Days since last DUI: 20
- Unit with last DUI: 50th Airlift Squadron
- Number of base personnel deployed: 601
- Base personnel fitness test pass rate: 98.7%
- Convoy vehicles taken off the road: 8,560
- Day's until ORI: 80

**Current as of Jan. 16*

Team Little Rock: Air Force is a 'Diverse City'

By Chief Master Sgt. Brooke McLean

314th Airlift Wing, command chief

Maria and I recently attended a TobyMac concert and his band was called Diverse City. Perfectly named, the band represented a diverse collection of gifted male and female musicians of different ages from a variety of different racial, social and economic backgrounds that blended perfectly to produce a heart-pounding uplifting experience.

Each member of the band was unique and different. Each member contributed equally and significantly. Each member became part of something larger and greater than the sum of the members added together.

Our Air Force is like the "Diverse City" band. We serve together as unique and different members on

our team; each of us contribute individually and significantly to defend our nation.

And we do it with an extraordinary balance of people who respect one another regardless of race, color, creed, origin, sex or religious beliefs.

Could we perform our mission with a less diverse group? Probably, but just imagine how boring it would be if everyone looked and acted like you.

Today, our diverse force mirrors our diverse nation and embraces the strength and power of diversity.

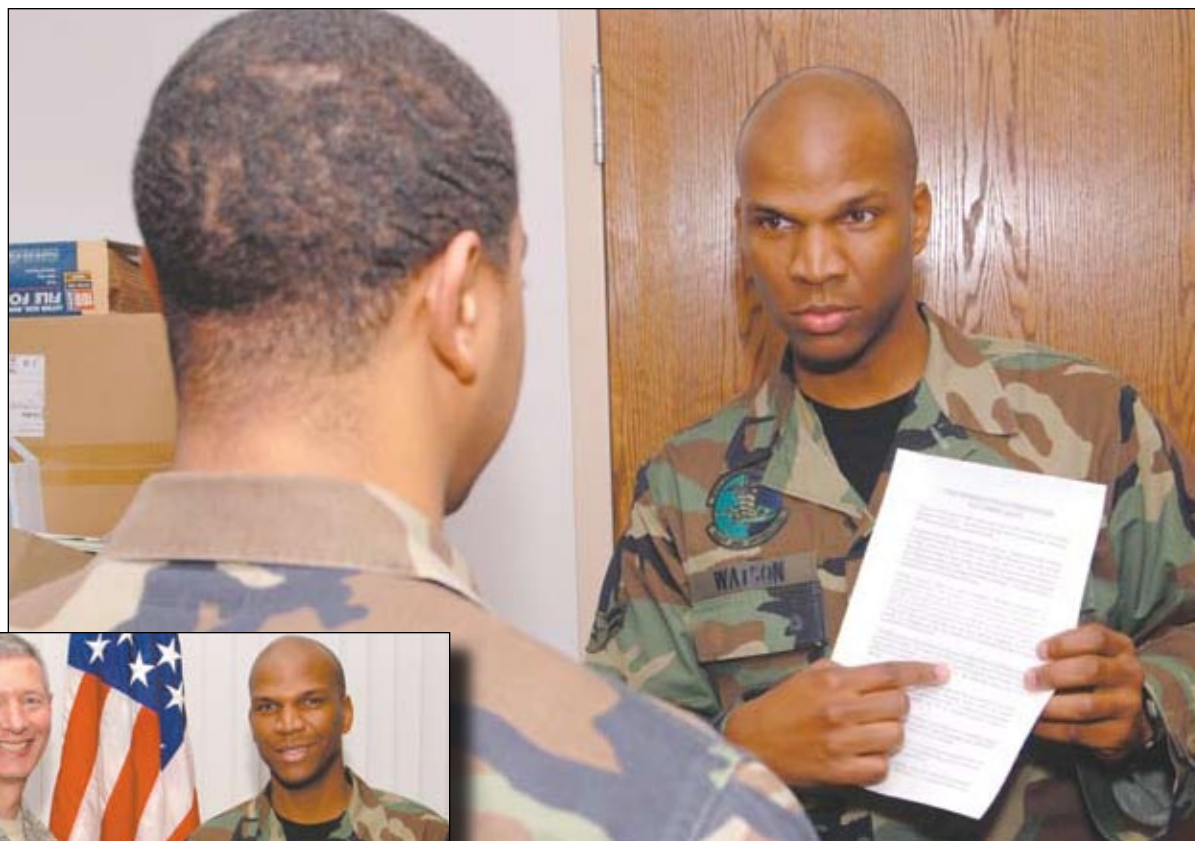
As you celebrate Martin Luther King, Jr. day Monday take the time to remember the ideals he stood for and celebrate the diverse nation that his ideals enabled.



U.S. Air Force photo

**Chief Master Sgt.
Brooke McLean**

COMBAT AIRLIFTER OF THE WEEK



U.S. Air Force photo by Airman 1st Class Jim Araos

Airman 1st Class Anthony Watson, a 314th Medical Group Medical Evaluation Board clerk, briefs Staff Sgt. Marcus Hyatt, 314th Medical Group. Airman 1st Class Watson was recognized as the Combat Airlifter of the Week Jan. 7. Since becoming the MEB clerk in October 2006, Airman 1st Class Watson has pioneered the MEB tracking program, slashing overdue cases from 38 to four, providing a 90 percent return to duty rate for deployable Airmen.



One team, one fight

By Lt. Col. John W. Powers III
314th Medical Support Squadron commander

"One Team, One Fight" is an often-used term, used to either describe cooperation between armed services or the integration of Guard, Reserve and active forces into our nation's defense. "One Team, One Fight" takes on a totally new meaning at the 314th Medical Group.

It integrates a force of less than 200 active-duty members, another 50 government civilian employees, 75 contract employees, teamed with a volunteer contingent 40-plus strong into a high-performing, cohesive team of health care professionals.

You can tell by my words how proud I am to be a part of this

team. When I walk down the halls at the clinic and I encounter my teammates, I don't see a military member, a civilian employee, contractor or a volunteer – I see a valued member of our health care team.

While civilians have been an integral part of our military team throughout our Air Force's 60-year history, the reliance on contractors and volunteers to meet our mission continues to grow.

In fact, I contend we could not accomplish our mission without them.

The most obvious evidence is when you drive through the base gate and you are greeted by contract gate guards. Who would have imagined that 10 years ago?

From the time you make your appointment, to the time you pick up your prescription at the pharmacy, more than likely you will have been served by a military, civilian, contractor and volunteer through the process. I will also bet you never gave it a thought – it's transparent. For that, we're fortunate.

Our Air Force today is half the size it was when I joined in 1986, but our operations tempo has not diminished.

Without our civilian, contract and volunteer teammates we could not accomplish what we take for granted each and every day.

My squadron was approximately two-thirds military and

See Team, page 11

Top 10 ways to dazzle the IG:
No. 4 Readiness

By Lt. Col. Nate Allerheilgen

314 Airlift Wing Readiness director

"Ensure your personal bags are packed, mobility requirements are current, the paperwork and processes in your work section are in perfect order, and you have trained effectively so you can infallibly perform your duties in peace and war!"

– Maj. Gen. Mark Zamzow,

Air Education and Training Command,

Air Space and Information Operations director

Readiness. Preparation for what lies ahead is a critical component of performing well in any endeavor. There are many aspects to getting ready and all of them are important to ensure you are poised to execute your mission efficiently and effectively. Certainly, we are all aware of the need to have your bags packed and mobility requirements up to date, but there is more.

Don't overlook the subtle aspects of readiness. A previous article has already explored the need to have your family affairs ready.

But what about your office affairs? The rotational nature of the air expeditionary force has created a culture of constant change. The best way to prepare for that change is to take the time and effort to develop strong, lasting and thorough programs.

Analyze your processes, training habits and continuity books to verify they are "ready" for your departure. A good continuity book will allow a new person to execute the basics of your job with minimal training or overlap.

Develop good processes, record those processes and follow those processes! If that becomes your normal pattern, then excelling above the standard will be second nature, and you will be ready for whatever comes!

NEWS BRIEFS

TRICARE Town Hall meeting Tuesday

A TRICARE Behavioral Health Town Hall meeting at 3 and 5 p.m. Jan. 22 at Hangar 1080. The meeting will discuss TRICARE behavioral health services available for active duty family members in the Little Rock AFB community.

Representatives will be on site to host the meeting, answer questions and hear feedback.

The town hall meeting is jointly sponsored by Humana Military Healthcare Services, ValueOptions, and the 314th Medical Group.

Dinner for family members of deployed

On Feb. 12 there will be a free dinner for families of Little Rock AFB service members who are presently deployed, on remote tours of duty, or on an extended TDY. The event starts at 6 p.m. at the Thomas Community Activity Center and will also include family activities and door prizes. Please contact the Chapel at 987-6014, the Airman and Family Readiness Center at 987-6801 or your First Sergeant to sign up. Deadline to sign up is Feb. 7.

AMU representative on base Tuesday

A representative from American Military University will be at the Education Center, 840 Leadership Drive, from 9 a.m. to 2 p.m. Tuesday, Jan. 22, to meet with interested students. On-line classes are also available from on-base universities located in the same building. For more information, call 987-3417.

Cancer support sew-in scheduled for Jan. 25

Area volunteers are planning another community "sew-in" to be held at the Little Rock Air Force Base chapel from 9 a.m. to 2 p.m. Jan. 25. The workshop is open to all interested in sewing, cutting, pinning, ironing and packaging colorful kerchief-like head coverings. Known as "care caps," they are for

Dr. Martin Luther King Jr.

Remember, Celebrate, Act • A Day On, Not Off

Lunch & Learn: King: A Man Of Peace In A Time Of War

11:45 am – 1:00 pm • Thu, Jan 24, 2008 • Hangar 1080 • Cost: FREE


King: Man Of Peace In A Time Of War features exclusive interviews with such notables as the Rev. Jesse Jackson (who marched alongside Dr. King); retired general and former Secretary of State, Colin Powell (who reflects on how far the civil rights movement has come); and legendary journalist Howard K. Smith (who introduced Dr. King to Richard Nixon); amongst others including Congressman Charles Rangel, Quincy Jones, Hugh Hefner and Laurence Fishburne, plus controversial commentary from Malcolm X.

Most remarkable of all is the ultra-rare appearance of Dr. King himself on a 1967 Mike Douglas Show speaking eloquently about civil rights, especially the issue of black participation in the Vietnam War. It is a revelation to see Dr. King in this intimate, conversational setting – even though he is peppered with pointed questions from host Douglas and fellow guest, singer Tony Martin.

King: Man Of Peace In A Time Of War is a timely tribute to a man who remains an inspiration and a living, breathing force for social change nearly forty years after his untimely death.

Attendees may order from Hangar 1080 menu, if desired. Please register for event by emailing Program Coordinator at samantha.williams.1@us.af.mil.

Little Rock Air Force Base MLK Special Observance January 2008



free distribution to balding chemotherapy patients in the ARKLATX. Recently, Care Caps went online at www.ccvols.org. Featured in many of the site's photos are members of the base's project volunteers and text explaining the charitable activity. Mary Philips, director of Care Cap Connections, will lead participants in her step-by-step "assembly line" method of group operation.

Through December, 615 volunteers produced 6,068 caps.

Major cancer centers joining in the effort are Mayo Clinic, M.D. Anderson, St. Vincent, Arkansas Children's, St. Jude, Baptist Health, Christus Health and UAMS. Care Cap Connections™ is a division of Volunteer America – 1776, a public charity, 501(c)(3), under the Internal Revenue code. Its operations in Arkansas and the surrounding states are supported through individual donations and corporate

grants. All sewing materials are donated to the work and Janome sewing machines are available for use during the sew-in. There is no cost to join and no solicitation. For more information, contact Ora Brown at 982-7667, or Mary Philips at 884-3046.

Mentoring group to meet

The LRAFB Women's Mentoring Group will be holding its first meeting at 11 a.m. Tuesday, Jan. 22 in the Conference Center.

Phase II of FY08 announced

Air Force officials have announced Phase II of the FY08 NCO retraining program targeting approximately 502 airmen (staff sergeant, tech sergeant, and master sergeant) for retraining from AFSCS with over-ages to AFSCS with NCO short-

ages. The involuntary phase (Phase II) of the program runs Dec. 10, 2007 through March 31. Contact your local MPE's separation office (room 100) for complete details and a list of available retraining-in and retraining-out AFSCS.

Contract position open

The chapel is seeking to hire a piano/keyboard accompanist to play during the 6 p.m. Protestant Contemporary Service.

A resume and a sealed bid will need to be turned in to the chapel no later than 4:40 p.m. Jan. 25.

All interviews and a skills demonstration will be conducted NLT Monday, Jan. 27. Selection criteria will be based upon the "best value" of the government. Please contact Ch. (Capt.) Jeffery Scott or Staff Sgt. Terry Mueth at 987-6014 with additional questions. A copy of the Statement of Work can be picked up at the base chapel.

Services jobs available

Current job openings for Services are: loding, custodial worker, NA-02, flexible hours, lodging clerk, NF-I, regular hours; Skills Center, wood worker, NA-08, flexible hours; Hangar 1080, club operations assistant, NF-II, flexible hours, waiter, NA-01, flexible hours; marketing, publicity assistant, NF-II, regular hours. All federal NAF employees are required by Public Law 104-134 to have salary payments made by electronic funds transfer/direct deposit. For more information call 987-6440.

1ST SERGEANT'S TIP**Sunglasses**

When in uniform, sunglasses frames must be either black or brown material, or gold/silver wire. Conservative wrap-around sunglasses are permitted. Sunglasses may be brand-name with a small logo on the frames, but the logo must be the same color as the frame or lens.

Questions? Contact your First Sergeant.

Memorial set for mother, son

A memorial service for the wife and son of a 463rd Airlift Group member is scheduled for 1 p.m. Monday at the Cornerstone Bible Fellowship off US-67/167 in Sherwood, Ark.

Air Force Reserve Maj. Carrie Gayle Pedersen, wife of Maj. Jim Pedersen, and their son Lucas were killed in a car accident Jan. 6.

Carrie was born to Wayne and Darlene Loudermilk on March 5, 1973, in Oklahoma City, Okla.

After she graduated from Doherty High School, Colorado Springs, Colo. in 1991, she received

an appointment from the Air Force Academy. She stood out as an athlete playing women's basketball all four years, and graduated May 29, 1996.

While at the Academy she met and fell in love with Jim, and they were married May 30, 1996. They had two children, Ashley Louise, 6, and Lucas James, 2.

Lucas, born in Colorado Springs on May 31, 2005, was an energetic 2-year-old, according to family and friends. He attended Sylvan Hills ELC Mother's Day Out three times a week where he melted hearts

with his blond hair, blue eyes and mischievous smile, they said.

They are survived by Jim, Ashley, parents and grandparents, Wayne and Darlene Loudermilk, and grandmother, Lois Hieronymus.

Internment services were held Wednesday at the Air Force Academy. Relatives are asking in lieu of flowers a memorial contribution can be made to the Carrie and Lucas Pedersen Memorial Fund c/o Master Sgt. Mike Lindstrom 314 CMSgt. Williams Dr., Little Rock AFB, Ark. 72099.



Courtesy photo

**Air Force Reserve Maj.
Carrie Pedersen
and son, Lucas**

AETC says farewell to unit with rich heritage

By Senior Airman Chris Willis

314th Airlift Wing Public Affairs

After 65 years of airlift support and history, the 53rd Airlift Squadron Blackjacks have closed their doors as an Air Education and Training Command unit.

At a ceremony here Jan. 11, Lt. Col. Thomas Gilster, 53rd AS commander, stood with the men and women of the squadron as their unit flag was retired and cased.

And as he saluted, Colonel Gilster spoke the final words of a 53rd member.

"Sir, I relinquish command."

The squadron, which was activated under the 314th Airlift Wing Oct. 1, 1993, was inactivated as a part of 2005 Base Realignment and Closure Commission and 2006 Site Activation Task Force recommendations.

"It is difficult to walk into a building that used to be alive with more than 150 combat airlifters training the next generation but is now eerily silent," said Col. Rudolph Byrne, 314th Operations Group commander and presiding officer.

"On a positive note, in just four short months, the 53rd will once



U.S. Air Force photo by Airman 1st Class Christine A Clark

Col. Rudolph Byrne, 314th Operations Group commander, cases the guidon while Lt. Col. Thomas Gilster, 53rd Airlift Squadron commander, looks on at Little Rock Air Force Base Jan. 11. Presiding officer Col Byrne inactivates Lt. Col. Gilster's 53rd Airlift Squadron after 65 years of superior airlift leagues.

again come alive this time as an (Air Mobility Command) squadron and continue the proud legacy in the tactical airlift community."

Officials from AETC accom-

plished a manpower analysis resulting in 70 to 75 percent of the 53rd moving to the 62nd Airlift Squadron. The rest of the members transferred to new bases or units,

separated or retired.

The inactivation of the 53rd AS has made an impact on many members of its squadron, according to unit officials.

"What I'll miss the most about the 53rd AS is the great people and the great commander," said Airman First Class Dennis Early, 53rd AS information support manager. "I wish I could have spent more time with them."

For others, the change is just another opportunity to excel.

Master Sgt. Gary Moon, the 53rd AS interim first sergeant, is one of those members.

"I am looking forward to working with the 62nd since most of us have known each other from prior C-130 (units) and work well together," he said. This merging of units will also benefit Little Rock Air Force Base.

"The consolidation of two squadrons into one ... helps since we don't have to have so many instructors fill in ... squadron duties," said Colonel Gilster. "That allows more instructors to stay in the operational field teaching our younger Airmen."

See Most, page 11

Most

Continued from page 8

Since 1942 the 53rd has been located at 19 different bases and has been lead by 63 commanders.

The Blackjacks have been awarded 16 campaign streamers from the European theaters, returning the first prisoners of war from Vietnam during Operation Homecoming, performing numerous humanitarian missions within the continent of Africa and participating in every major conflict around the world.

Over the past 14 years, the 53rd has lead the way at the C-130 Center of Excellence training and graduating 4,925 aircrew across four crew positions spanning all U.S. Armed Forces, as well as allied nations around the world.

In recent years, crew members have supported the Global War on Terrorism and Operations Enduring Free-

dom and Iraqi Freedom.

The 53rd has earned several wing, numbered Air Force and major command honors. The unit's honors include being named the top operations squadron in AETC, the 19th Air Force top operations squadron and the 314th AW top operations squadron. Unit members have helped the unit become a three-time winner of the AETC valiant award and receive multiple excellent and outstanding ratings during several operational readiness inspections. But even with all this history only one thing remains: The people.

"I was recently asked if I was ready for this inactivation," said Colonel Gilster. "After a few months, I responded 'Why, yes I am.' The last 12 months would have been considered the most challenging in the Blackjacks' history if it were not for a group of the most dedicated leaders and true friends I have had the honor to work with."



U.S. Air Force photo by Airman 1st Class Ethan Morgan

Sharp Troop Award

Staff Sgt. Benjamin Anderson, a 314th Maintenance Squadron Aerospace Ground equipment mechanic, is presented the Chief's Group Sharp Troop of the Month award by Chief Master Sgt. Kevin Inskeep, the 314th Maintenance Squadron superintendent, for the month of December. Sergeant Anderson was selected for the award for his accomplishments which include maintaining a 100 percent quality assurance pass rate, for his community involvement, and for earning the Airman Leadership School's John L. Levitow award.

Team

Continued from page 3

one-third civilian, contractors and volunteers when I arrived in January 2005. During that same time

period, our medical deployments have grown two and one-half times.

When I relinquish command, that mix will have flip-flopped to one-third military and two-thirds civilian, contractors and volun-

teers. More than likely, you never noticed the transformation.

Think about that when you drive through the gate, when you make your medical appointment, when you see your doctor, when you get your lab tests accomplished and

when your head hits the pillow each night. Though the rules, recognition programs, pay and benefits vary among our team, the dedication, patriotism and commitment to service does not.

"One team, one fight!"

Polish air force commander visits

By Tech. Sgt. Mike Hammond
Air Education and Training
Command Public Affairs

RANDOLPH AIR FORCE BASE, Texas

—The commander of the Polish air force visited several Air Education and Training Command locations during a visit to the United States Jan. 6-8.

Lt. Gen. Andrzej Blasik, a 22-year veteran, was here primarily to focus on the Polish air force's F-16 Fighting Falcon and C-130 Hercules implementation programs.

During the visit, General Blasik received command briefings from AETC headquarters officials, visited Polish officers undergoing training at Randolph, toured Lackland Air Force Base, Texas, and then traveled to Tucson, Ariz.; Davis-Monthan AFB, Ariz.; and Little Rock AFB, Ark., to view training operations there.

The general, along with his delegation, looked at the

possibility of booking training slots for F-16 and C-130 pilots while also seeking to establish a timetable for the technical and maintenance crew training programs. The Polish air force's training program is still being developed, so it relies on the U.S. Air Force's support at this time.

He also used his visits to the U.S. training locations in order to focus on improving Polish training facilities.

Only one day into his visit, General Blasik noticed some similarities and differences between the U.S. and Polish air forces.

"One of the major differences I have observed so far is the organizational structure of the U.S. Air Force flying units, which is based on tactical wings with air bases having command over subordinated squadrons," the general said. "The main structure in the Polish air force is an air brigade with di-

rect command over the air squadrons and air bases."

General Blasik noticed some positive aspects of the U.S. Air Force that he said the Polish air force intends to emulate.

"We (are focused) on transferring the Polish air force into a more mobile and deployable structure, as the U.S. Air Force is now," the general said, adding that the Polish air force will expand its international engagement with the F-16 component declared to NATO forces in 2012.

General Blasik said his air force intends to develop a new manning process which focuses on getting a force of 100 percent professional soldiers while having a systematic resignation of conscripted personnel.

The general also discussed his country's potential purchase of an advanced trainer, indicating such a decision would help in the goal of having a self-reliant national training



U.S. Air Force photo by Airman 1st Class Jim Araos

Lt. Gen. Andrzej Blasik, Polish air force commander, and Col. Stanley Prusinski, chief, Office of Defense Cooperation, receives a briefing by Staff Sgt. Brent Brandon, 463rd Maintenance Operations Squadron T56 Engine Module Section Chief, about the intricacies of a C-130 engine, Jan. 11.

program by 2012. Overall, Poland's top air force officer was very pleased with the chance to visit and discuss issues he faces with the U.S. Air Force's top training officials.

"We appreciate being

able to have these discussions with such experienced personnel, because we gain some knowledge which will be very useful in helping us establish our flying training unit," General Blasik said.

Getting off autopilot and back to the grind

We're in full holiday aftermath mode now. If you're like the majority of us, your brain is trying to realign and refocus on job-related issues while closing out another holiday season. It's the annual January Challenge and part of the natural cycle this time of year.

The typical scenario sounds something like this: "It's back to the grind and the operational readiness inspection is on the horizon. My credit card balances are ridiculous; those reports need to be finished

by 3 p.m.; it's cold out here today and I've got to get those Christmas lights down!"

Does this sound familiar? And if so, how much effect do these distracters have on safety awareness? The answer: more than most of us want to admit. It's known as post-holiday stress, and it can lead directly to complacency.

At some point, each of us is touched by it; we all have the symptoms. It's also known as "autopilot," and it's a dangerous condition

— especially on the job. It's always around but tends to be nurtured by the holiday season.

Here's an example. Have you ever driven home after a hard day's work, pulled into the driveway and realized you don't remember the trip home? Was your brain stuck somewhere between the office "to-do" list and that stack of bills in the mailbox? We witness or read about automobile accidents or pedestrians being hit all the time. A major cause of these accidents is

complacency because the drivers are often on autopilot.

Now consider your environment at work. You're programmed to do things a certain way. You won't walk into that prop, will you? Why? Because you're well trained, follow the directions and have done it a million times. But autopilot can come into play here as well. It can be attributed to a vast majority of Air Force mishaps.

The maintainer, the operator,
See Autopilot, page 18

Common Injuries

CHEST WOUND

SYMPTOMS:

- Sucking noise from chest
- Frothy red blood from wound

Treatment:

- Look for entry and exit wound
- Cover holes with airtight seal (tin foil, ID card)
- Tape down three sides, leave bottom uncovered
- Allow casualty to assume position for easiest breathing, preferably on affected side

FRACTURES SYMPTOMS:

- Deformity, bruising
- Tenderness over a specific part of body
- Swelling and discoloration

Treatment:

- Do not straighten limb
- If in doubt, splint injury where they lie if possible
- Splint joints above and below injury
- Remove clothing from injured area
- Remove rings from fingers, if possible
- Check pulse below injury-away from heart to determine if blood flow is restricted

SPINAL/NECK/HEAD

INJURY SYMPTOM:

- Lack of feeling and/or control anywhere below neck, drainage of fluid or blood from ear, nose or mouth

Treatment:

- If conscious, caution casualty not to move
- Continuously monitor and check airway without turning head
- Immobilize head and neck

IF CASUALTY MUST

BE MOVED:

- Use hard surface for litter (door, cut lumber, other)
- Use as many people as needed to place casualty on litter
- One person must immobilize the head and neck.
- Ensure casualties' limbs are secured at the chest and thigh regions.
- Turn whole body together, as a unit.

Operation Rising Sun



U.S. Air Force photo by Airman 1st Class Steele C. G. Britton

Tech. Sgt. Kevin Beaty, 463rd Operations Support Squadron Aircrew life support craftsman, briefs Senior Airman Ian Macgregor, 50th Airlift Squadron C-130 Loadmaster, before he removes his MOPP gear in the decontamination line. The 463rd Airlift Group conducted exercises as a part of "Operation Rising Sun" this past week including decontamination lines, MOPP level changes and simulated mortar attacks.



U.S. Air Force photo by Airman 1st Class Steele C. G. Britton

Senior Airman Christopher Moreno, Airman 1st Class Alex Blanchard, and Senior Airman Dustin Bratcher, all of the 463rd Aircraft Maintenance Squadron, familiarize themselves on their location with a map during an exercise Tuesday.



Tech. Sgt. Brian Wolff, 463rd Aircraft Maintenance Squadron electrical engineer, takes the leadership role during a self-aid buddy care exercise on the flight-line Tuesday.

U.S. Air Force photo by Airman 1st Class Steele C. G. Britton



U.S. Air Force photo by Airman 1st Class Steele C. G. Britton



U.S. Air Force photo by Airman 1st Class Christine Clark

Senior Airman Shane Taylor, 314th Aircraft Maintenance Squadron guidance and control journeyman, processes Senior Airman Stephanie Nye, 463rd Aircraft Maintenance Squadron electronic countermeasures journeyman, through the deployment line, Saturday. The mobility processing line is the first step in the deployment process; members can meet with medical personnel, legal personnel, and personnel from other base agencies where they can take care of last-minute items before deploying.

Left, Staff Sgt. Christopher Hughes, 50th Airlift Squadron C-130 Loadmaster, dawns his MOPP Gear.

Drop Zone

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AF announces captain selections

RANDOLPH AIR FORCE BASE, Texas – Ninety-five Little Rock Air Force Base members have been selected to become O-3s. The Air Force selected 3,569 first lieutenants for promotion from 3,594 officers considered during the calendar year 2007C captain selection process.

The results of the board are as follows:

314th Airlift Wing: James Hodges and Evan Epstein
314th Comptroller Squadron: Suzanne Overstreet
314th Mission Support Group: Steven Fletcher
314th Communications Squadron: Aaron Tripi
314th Contracting Squadron: Johnemma Alfred-Ockiya
314th Logistics Readiness Squadron: Sean Kreps and Greg Willey
314th Mission Support Squadron: Harvey Catchings Jr., Deltrise Hall and John Riley
314th Maintenance Group: Charles Schulz
314th Aircraft Maintenance Squadron: Jeffrey Burch and Jason Purcell
314th Maintenance Squadron: Jason Carney and Mitchell Foy
314th Maintenance Operations Squadron: Joel Cartier

314th Operations Support Squadron: Daniel Blackledge
53rd Airlift Squadron: Andrew Keil
373rd Training Squadron: Francis Schillinger
30th Airlift Squadron: Jason Banquer, Todd Beales, Marci Hoffman, Sarah Towler and Ryan Walker
41st Airlift Squadron: Jarrod Jones, Steven Massie II, Rikki Smith, Daniel Walton and Charles Whitehead
50th Airlift Squadron: Justin Ballard, Christopher Beatty, Brent Beck, Matthew Boyd, Bradley Buinicky, Christopher Cersovski, Christopher Clinton, Kevin Coughlin, Fray Doyle, Kathrine Dreyer, Kevin Eley, Charles Erickson, Jonathan Feucht, Devon Fitts, Scott Grigg, Kenneth Guinto, Laura Haverty, Stefan Ivanescu, Terry Jackson, Michael Leclair, Philip Lorenzini, Steven Martina, Matthew Mills, Terry Nail, William Pahn, Young Park, Shane Regoli, Ryan Sanders, Jared Sorensen, Andrew Talbert, Ryan Teel, Jaefen Thielker, Marci Walton, Daniel Wassmuth, Christopher Whitaker and Lawrence Wilson
61st Airlift Squadron: Andrew Baker, Justin Ballinger, Steven Burton, Gary Ford, Sarah Fortin, William Herbert, Brian Huston, Clifton Johnson, Donovan Laskey, Heather Lendrum, Timothy Lendrum, Leonard Livingston, Matthew Macfarlane, Gordon Marty, Shelley Munson, Caleb Ritland, Brandon Roth, Gary Ruehs, Shane Saum, Seth Schwesinger, David Sleeper, Sierra Smith, Jason Spaulding, Matthew Vogel and Joseph Yasunaga
463rd Operations Support Squadron: Erica Heris

463rd Maintenance Operations Squadron: Jeffrey Westerman

29th Weapons Squadron: Samuel Spiwak

Air Force selection statistics in-the-promotion zone:

Line - 3,447 selected from 3,457 for a 99.7-percent select rate; Chaplain - Two selected from two considered for a 100-percent select rate; LAF-Judge Advocate - 15 selected from 15 considered for a 100-percent select rate; Nurse Corps - 67 selected from 68 considered for a 98.5-percent select rate; Medical Service Corps - Seven selected from seven considered for a 100-percent select rate; and Biomedical Sciences Corps - 26 selected from 27 considered for a 96.3-percent select rate.

Air Force selection statistics above-the-promotion zone: Line - Five selected from 16 considered for a 31.3-percent select rate.

The entire list of promotion selects is posted on the Air Force Personnel Center's public Web site.

Autopilot

Continued from page 15

the enlisted Airman or officer supervisor — nobody is immune. Somebody failed to recognize when the autopilot switch went hot in a large percentage of these incidents.

While on the road, if you drive onto the shoulder or see someone blow through a stop sign, it generally scares you. That feeling is usually followed by an immediate spike in situational awareness. This should be the same reaction at work.

Just like in the driving scenario, it's time for you to be alarmed and it's time to raise awareness — safety awareness. If it's your own complacency at hand, correct it. Refocus and take care of the distractions. Put things into proper perspective, or talk with someone if it's too big for your capabilities. You won't be able to take care of anything if you're out due to an on-the-job injury. What about your coworkers? Are they paying attention? Are they short-cutting the proper procedures?

The post-holiday season is prime mishap season so take preventive steps now. Supervisors need to get out "on the

floor" and look and listen. Call a time out when appropriate. Lower the workload when possible. Pay attention to the warning signs and don't ignore them.

- Are the instructions closed or left back in the technical orders library?
- Is your coworker taking shortcuts?
- Is the 7-level finding increased discrepancies before signing off on jobs?
- Are minor mishaps or close calls occurring?

As leaders, we must provide the resources and the environment that ensure our supervisors and Airmen have the capabilities to succeed safely. Leaders cannot be content with their role. A supervisor's ability to identify when and where complacency exists is crucial to a safe workplace.

Brief your Airmen about the dangers of complacency as part of your safety program. Ensure they understand the risks and consequences. There may be a lot on our minds, but be sure to leave the autopilot off! Work hard, but work safe. With another holiday season relegated to the photo album, working safely is part of demonstrating that continued importance.

(Courtesy of the 314th Airlift Wing Safety Office)

Team Little Rock in Iraq



Air Force photo/Staff Sgt. Joshua Garcia

Senior Airman Wes Leturgez, 463 Aircraft Maintenance Squadron, checks for discrepancies on a C-130 Hercules engine Jan. 4 while performing a 90-day inspection on the engine at Balad Air Base, Iraq. Airman Leturgez is an aircraft maintenance unit crew chief for the 777th Expeditionary Airlift Squadron and is deployed from Little Rock Air Force Base.

Quilt show at museum

The Great Arkansas Quilt Show II runs through March 25 at Historic Arkansas Museum, 200 East Third St., Little Rock. The second in the series of juried Arkansas textile artist exhibits (the first was in 2002), approximately 80 quilts will be selected for display.

The purpose of this state-wide competition and exhibit is to increase the prestige, artistry, creativity, professionalism and recognition of quilting, and to foster the appreciation of quilts and quilting as an art form throughout Arkansas. Admission is free. For more information, visit www.Historickansas.org.

Racing season begins

The 104th Annual Live Racing at Oaklawn Park begins today and runs through April 12 at Oaklawn Park in Hot Springs. Simulcast/Instant racing one gaming the rest of the year.

Admission: \$2 live season; free rest of the year. For more information, visit www.oaklawn.com.

Coin show set for this weekend at Hot Springs

The 42nd Annual Tri Lakes Coin Show is today through Sunday at the Convention Center in Hot Springs.

Coin, stamp, and sports card show will feature 100 vendors buying, selling, and/or trading.

Applications for dealers are available at the Web site. Parking is free. Admission is free. For more information, visit www.hotsprings-coinshow.com.

Marine Expo slated at convention center

The 26th Annual Arkansas Marine Expo runs through Sunday at the Statehouse Convention Center in Little Rock. Arkansas' Premier Boat Show offers special low "boat show pricing" on hundreds of boats...bass boats, ski boats, deck boats: party barges, and more. It gives you an opportunity to shop and compare dozens of dealers and hundreds of boats at one time, in one place! Huge discounts on fishing tackle as well as many other boating related displays. Friday and Saturday: 10 a.m. to 8 p.m. Sunday: 10 a.m. to 6 p.m. Admission: \$4; children 12 years and under are free.

FOP set to host 'Night of Laughs'

The Jacksonville FOP (Hap Horton Memorial Lodge #16) will be holding a "Night of Laughs" comedy show at 7 p.m. Friday, Feb. 8, at Jacksonville High School. Area businesses and residents are currently being called for sponsorships and ticket sales. The funds raised will go towards the many worthwhile endeavors the lodge is involved with such as

food baskets for the elderly, shop with a cop and the Identikid program.

Chamber banquet Thursday

The North Little Rock Chamber of Commerce will host its 23rd Annual Banquet, presented by Pulaski Technical College, 6:30 p.m. Thursday, Jan. 24 at Alltel Arena in North Little Rock. This year's event will feature Arkansas Governor Mike Beebe, with special guest Mayor Patrick Henry Hays of North Little Rock.

Mr. Charley Foster of Taggart-Foster-Currence-Gray Architects, Inc., the 2007 Chamber Chairman, will present his administration's accomplishments of the past year, while Ronald Dedman of AT&T Arkansas, the 2008 chairman, will look ahead to plans for the North Little Rock region's future.

Tickets are \$55 per person or \$550 for a table of 10.

A cocktail hour reception at 5:30 p.m. will precede the dinner and program. For more information, contact the North Little Rock Chamber of Commerce at 372-5959, or visit www.nlrchamber.org for details.



Beebe

Base phone numbers

| | |
|---|--------------|
| Airman's Attic, Bldg. 830 | 987-6777 |
| Alterations, Bldg. 988 | 988-9235 |
| Base Exchange, Bldg. 940, AAFES | 988-1150 |
| Base locator, Bldg. 988 | 987-6025 |
| Beauty Salon, Bldg. 960 | 988-1900 |
| BXtra, Bldg. 960, AAFES | 988-1072 |
| Billeting front desk, Bldg. 1024, 314 SVS | 987-6753 |
| Billeting switchboard, Bldg. 1024, 314 SVS | 988-1141 |
| Burger King, Bldg. 789, AAFES | 988-4412 |
| Chaplain, Bldg. 950, 314 AW | 987-6014 |
| Chaplain, 314 AW (after hours) | 987-3200 |
| Class six/car care/shoppette, AAFES | 988-2301 |
| Clinic appointments, Bldg. 1090 (toll free) | 800-557-6815 |
| Clinic appointments, Bldg. 1090, | 987-8811 |
| Clothing sales, Bldg. 988, 314 SVS | 987-3250 |
| Command post (24 hours), Bldg., 314 AW | 987-3200 |
| Commissary, Bldg. 790 | 987-3203 |
| Conference center, Bldg. 1030, 314 SVS | 987-8767 |
| Hangar 1080, Bldg. 1080, 314 SVS | 987-5555 |
| Credit union | 982-1000 |
| Crime Stop, Bldg. 480, 314 SFS | 987-6600 |
| Dental clinic, Bldg. 1090, 314 MDG | 987-7304 |
| Drop Zone, 314th AW Bldg. 830 | 987-5855 |
| Family Support Center, Bldg. 668, 314 MSS | 987-6801 |
| Finance cust. service, Bldg. 1255, 314 CPTS | 987-8294 |
| Fire reporting, Bldg. 110, 314 CES | 911 |
| First-Term Amn's Ctr., Bldg. 710, 314 MSS | 987-5905 |
| Florist, Bldg. 960, AAFES | 988-4537 |
| Fraud/waste/abuse, Bldg. 480, 314 SFS | 987-6116 |
| General Nutrition Ctr., Bldg. 960, | 988-0561 |
| Housing office, Bldg. 1995 | 987-6287 |
| Laundry and cleaners, Bldg. 960, AAFES | 983-1616 |
| Legal office, Bldg. 1250, 314 AW | 987-7886 |
| Military mail room, Bldg. 864, 314 CS | 987-3478 |
| Gov't transportation, Bldg. 551, 314 LRS | 987-6086 |
| OSI, Bldg. 1250 | 987-6116 |
| Optical shop, Bldg. 960, AAFES | 988-2761 |
| Pass and ID, Bldg. 1255, 314 MSS | 987-6831 |
| Popeye's Chicken, AAFES | 988-1374 |
| Post office, Bldg. 966, 314 SVS | 987-3695 |
| Public Affairs, Bldg. 1250, 314 AW | 987-3601 |
| Recycling center, Bldg. 1568 | 987-6611 |
| Saddle club, 314 SVS | 987-3762 |
| Security forces, Bldg. 480, 314 SFS | 987-3221 |
| Sexual assault hotline | 987-7272 |
| Shoppette, base lake, AAFES | 988-4841 |
| Shoppette, Class Six, AAFES | 988-2301 |
| Smoothie King, Bldg. 827 | 983-8080 |
| Snack Bar/Mobile Unit, Bldg. 540 | 987-5189 |
| Specialty Shop, Bldg. 960 | 988-4000 |
| Theater, Bldg. 461, AAFES | 987-6461 |
| Thrift shop, Bldg. 960, 314 SVS | 988-1191 |
| Ticket and tours, Bldg. 868, 314 SVS | 987-6921 |
| Transient barracks CQ, Bldg. 1024, 314 SVS | 987-6753 |
| Vehicle registration, Bldg. 1255, 314 SFS | 987-6338 |

Other phone numbers

| |
|--|
| |
| |
| |
| |



Chapel — 987-6014

Regular service times:

Catholic

Saturday Mass5 p.m.
 Sunday Mass9:30 a.m.
 Daily Mass.....11:30 a.m.
 CARE Sunday school.....8 a.m.
 Youth groups meet Wednesday.

For times, call the chapel.

Protestant

Sunday services

Liturgical8 a.m.
 Traditional 11 a.m.
 Sunday school 9:30 a.m.

First and third Mondays

Protestant women of the chapel7 p.m.
 Youth groups meet Wednesday.

For times, call the chapel.

Ecumenical

Prayer ministryNoon Monday
 Bible studies (lunch provided)
 Men's.....Noon Wednesday

| | | | | | | | |
|--------|--------|--------|--------|--------|-------|--------|-------|
| C-130 | C-5 | CV-22 | KC-19 | HH-60 | C-21 | KC-135 | C-17 |
| KC-135 | C-17 | HH-60 | MH-63 | C-130 | C-21 | CV-22 | C-5 |
| C-21 | KC-10 | CV-22 | C-17 | KC-135 | C-130 | MH-63 | HH-60 |
| C-17 | MH-63 | C-5 | KC-135 | CV-22 | HH-60 | KC-19 | C-130 |
| HH-60 | C-21 | KC-135 | KC-19 | MH-63 | C-130 | C-5 | CV-22 |
| CV-22 | C-130 | KC-19 | HH-60 | C-17 | C-5 | MH-63 | C-21 |
| MH-63 | HH-60 | C-21 | C-130 | C-17 | KC-19 | CV-22 | C-5 |
| C-5 | KC-135 | C-21 | CV-22 | KC-19 | C-17 | MH-63 | |
| KC-19 | CV-22 | C-17 | C-5 | HH-60 | MH-63 | KC-135 | C-21 |

See Puzzle, page 25

Everyonenoon Tuesday
 Freedom Way6:30 p.m. Thursday

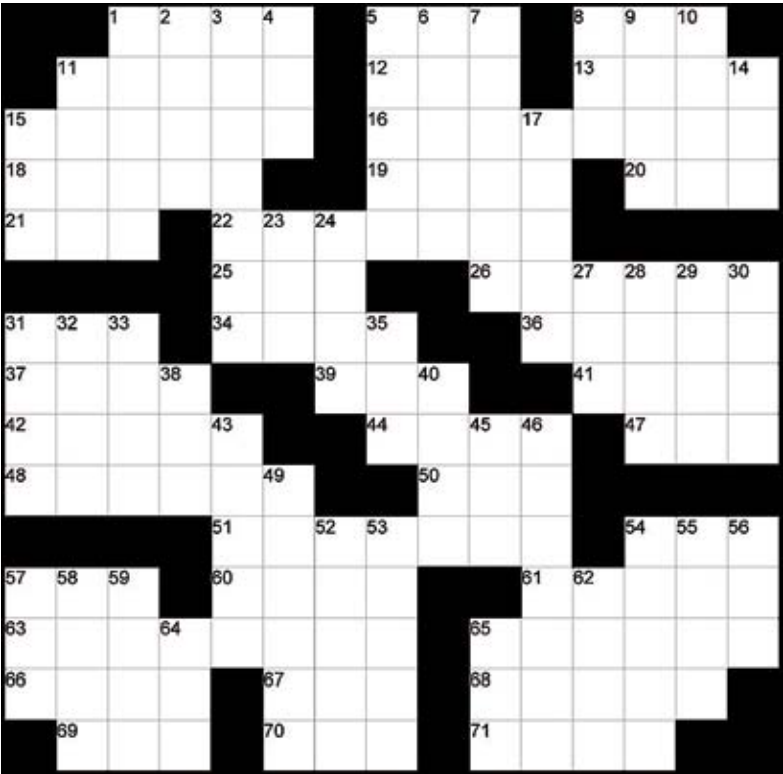
Contemporary

(Services held in conference center)

Crossroads 6 p.m. Sunday

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| G | L | A | D | G | A | M | U | P | T |
| B | R | U | N | O | A | V | O | F | O |
| R | E | A | G | A | N | M | A | N | H |
| I | N | N | E | R | I | N | R | E | K |
| O | T | T | C | L | I | N | T | O | N |
| V | A | N | H | E | N | E | N | A | M |
| I | R | I | S | O | N | E | N | I | D |
| V | I | S | I | T | T | E | L | L | E |
| E | D | I | T | O | R | L | E | I | |
| A | T | E | E | N | I | S | C | A | D |
| H | A | R | R | I | S | O | N | R | O |
| A | F | R | O | O | D | O | C | L | I |
| T | S | E | M | E | T | A | N | N | S |

See Puzzle, page 20



INAUGURATION DAY

By Capt. Tony Wickman
71st Flying Training Wing
Public Affairs

ACROSS

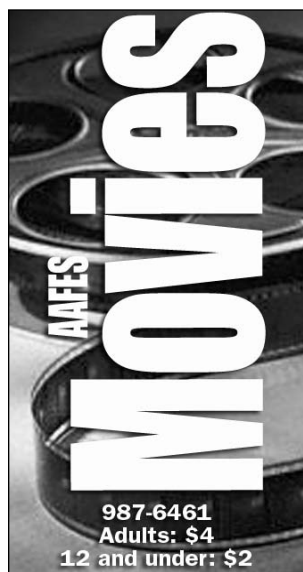
- 1. Happy
- 5. Leg
- 8. Mission conducted by AETC
- 11. City Slickers actor Kirby
- 12. Macao money
- 13. 38th POTUS
- 15. 40th POTUS
- 16. Street sewer covers
- 18. Situated within or farther within; interior
- 19. In the matter of, briefly
- 20. Barbie's male pal
- 21. Giant great
- 22. 42nd POTUS
- 25. Coop denizen
- 26. Charm or captivate
- 31. Martin ___ Buren; 8th POTUS
- 34. Abominable snowman
- 36. Accept without opposition or question
- 37. Eye part
- 39. Single
- 41. Oklahoma town home to Vance AFB
- 42. Stay with as a guest

- 44. William ___; USAF air-to-air competition
- 47. USN 0-1
- 48. Newspaper or magazine supervisor
- 50. Hawaiian gift
- 51. 4th POTUS
- 54. Good to go!
- 57. Dined
- 60. Former Chicago Bear RB Curtis
- 61. Beg or obtain by begging
- 63. 9th and 23rd POTUS
- 65. String of beads used for counting prayers during recitation
- 66. Hair style of the 1970s
- 67. Star Trek: Deep Space Nine character
- 68. Weather in an area
- 69. Mao ___-tung; Chinese leader
- 70. NY player
- 71. Actress Miller and others

DOWN

- 1. 18th POTUS
- 2. Winter sport
- 3. Chaos
- 4. Wear
- 5. Male street urchin
- 6. ___-garde; unorthodox or daring; radical
- 7. 5th POTUS
- 8. Alien transport
- 9. 11th POTUS
- 10. Elm or oak
- 11. Crooked
- 14. Mil. Telephone system

- 15. ___ Grande
- 17. Middle East shrub used as a cosmetic dye
- 23. Confederate general
- 24. ___ the Blue
- 27. Honest ___; nickname for 46
- 28. Earth excavation for coal, ores
- 29. Norse god of wisdom, war, art, culture, and the dead
- 30. Cincinnati team
- 31. ___ le France
- 32. Dry
- 33. In law, not yet final or absolute
- 35. Football stat
- 38. Take a seat
- 40. Snakelike fish
- 43. Academy Award winner Marisa
- 45. Zodiac sign
- 46. 16th POTUS
- 49. Gibson movie
- 52. Electronic device restricting current flow to one direction
- 53. Childish rejoinder to something untrue
- 54. 2nd or 6th POTUS
- 55. Shrek is one
- 56. Francis Scott ___; Star-Spangled Banner author
- 57. Exclamation of triumph, irony, or surprise
- 58. 27th POTUS
- 59. Mistakes
- 62. It's ___; Pet Shop Boys song
- 64. ___ vs. Wade
- 65. ___ Dome; Indianapolis Colts home

**FRIDAY, 7 P.M.****The Golden Compass —
Nicole Kidman, Dakota Blue Richards**

Based on author Philip Pullman's novel, 'The Golden Compass' is an exciting fantasy adventure, set in an alternative world where people's souls manifest themselves as animals, talking bears fight wars, and Gyptians and witches co-exist. At the center of the story is Lyra, a 12-year-old girl who starts out trying to rescue a friend who's been kidnapped by a mysterious organization known as the Gobblers — and winds up on an epic quest to save not only her world, but ours as well. Rated PG-13 (fantasy violence) 112 min.

**SATURDAY, 7 P.M.****I Am Legend — Will Smith, Alice Braga**

Robert Neville is a brilliant scientist, but even he could not contain the terrible virus that was unstoppable, incurable and manmade. Somehow immune, Neville is now the last human survivor in what is left of New York City and maybe the world. But he is not alone. He is surrounded by "the Infected" — victims of the plague who have mutated into carnivorous beings who can only exist in the dark and who will devour or infect anyone or anything in their path. Rated PG-13 (intense sequences of sci-fi action & violence) 122 min.



Lady Falcons fall



U.S. Air Force photo/Dave Ahlschwede

U.S. Air Force Academy Falcon senior forward Alecia Steele shoots during the 60-50 loss against Utah Jan. 9 in Clune Arena at Colorado Springs, Colo. The Falcons lost season scoring and rebounding leader Alecia Steele to an injury with a minute left to go in the half. Steele, who finished with eight rebounds and six points, reagravated an ankle injury suffered earlier in the season and did not return in the second half.

Health and Wellness Center – HAWC (987-7288)

January 2008

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| Asterisk* indicates class open to Active Duty only. | 1 NEW YEAR HOLIDAY | 2 AETC FAMILY DAY HAWC CLOSED | 3 BCIP RU* = 8 to 9 a.m. HLP RU* = 9:30 to 10:30 a.m. Beginning Runner = 3 to 4 p.m. (Base Track) | 4 HAWC Meeting = 9 to 10 a.m. Marathon Nutrition Training = 11:30 a.m. to 12:30 p.m. SHOE CLINIC = 2:30 to 3:30 p.m. (Fitness Center Lobby) COMMAND RUN 3:30 p.m. |
| 7 HLP* = 9 to 11 a.m. Stress Mgmt. = 10 to 11:30 a.m. FIT for TVO = 1:30 to 3 p.m. | 8 BCIP 1* = 8 to 9:30 a.m. Cholesterol 1 = 9:30 to 11 a.m. HLP RU* = 2 to 3 p.m. | 9 Diabetes 1 Self Mgmt. Edu = 8 to 11:30 a.m. Tobacco Clinic / Class 1 = 1 to 3 p.m. Tobacco Evening Class 1 = 5 to 6 p.m. | 10 PTL Course* = 8 a.m. to 4 p.m. (Back School = 1 to 2:30 p.m.) | 11 PTL Course* = 8 to 11 a.m. CPR Training* = 1 to 3 p.m. (Good = Leave) |
| 14 HLP* = 9 to 11 a.m. Stress Mgmt. = 10 to 11:30 a.m. (Good = Leave) | 15 HLP RU* = 9:30 to 10:30 a.m. (IDS/CAJB = 11:30 a.m. to 12:30 p.m.) UFPM* = 2 to 3:30 p.m. (Good = Leave) | 16 Diabetes Self Mgmt. Edu Refresher = 8 to 11:30 a.m. Tobacco Clinic / Class 2 = 1 to 3 p.m. Tobacco Evening Class 2 = 5 to 6 p.m. | 17 BCIP RU* = 8 to 9 a.m. PTL Refresher* = 10 to 11 a.m. Diabetes Support Group = noon to 1:30 p.m. Beginning Runner = 3 to 4 p.m. (Base Track) | 18 * No DUI * Down Day |
| DR. KING HOLIDAY | 22 BCIP 2* = 8 to 9:30 a.m. Cholesterol 1 = 9:30 to 11 a.m. BCIP RU* = 2:30 to 3:30 p.m. | 23 Diabetes 1 Self Mgmt. Edu = 8 to 11:30 a.m. Tobacco Clinic / Class 3 = 1 to 3 p.m. Tobacco Evening Class 3 = 5 to 6 p.m. | 24 Marathon Nutrition Training = 11:30 a.m. to 12:30 p.m. Beginning Runner = 3 to 4 p.m. (Base Track) | 25 |
| 28 HLP* = 9 to 11 a.m. Stress Mgmt. = 10 to 11:30 a.m. BCIP 1* = 11 a.m. to 12:30 p.m. * BRAND NEW YOU * Weight Loss Classes Nutrition = 1 to 2:30 p.m. | 29 HLP RU* = 9:30 to 10:30 a.m. FAM* = 10:30 to 11:30 a.m. ACT* = 11:30 a.m. to noon | 30 Diabetes 2 Self Mgmt. Edu = 8 to 11:30 a.m. Tobacco Clinic / Class 4 = 1 to 3 p.m. Tobacco Evening Class 4 = 5 to 6 p.m. | 31 * MEET THE HAWC * OPEN HOUSE 9 a.m. to 1 p.m. NEW Parent/Weight Training Certification = 10 to 11:30 a.m. Beginning Runner = 3 to 4 p.m. | BEGINNING RUNNER ... will meet at the base track if the temperature is 40 or above & at the gym if it is 39 or below. <u>Classes subject to cancellation: call to confirm.</u> |

Falcon senior named MWC Player of the Week

Tim Anderson earns second honor this season

COLORADO SPRINGS, Colo. — Air Force senior guard Tim Anderson has been named the Mountain West Conference Men's Basketball Player of the Week for the second time this season.

Anderson, an El Paso, Texas,

native, scored a game-high 27 points on 8-of-9 shooting from the field to lead Air Force to a 65-53 victory over UNLV last Saturday.

Anderson, who also made 9-of-12 free throw attempts, scored 21 of his points in the second

half, including a stretch of 14 straight, for the Falcons.

He also contributed two steals, one blocked shot and one rebound, while going 2-for-3 from three-point range.

The 6-3 guard shared player of the week honors with Kyle Spain of San Diego State on Nov. 12. Anderson led the Fal-

cons to the Air Force Classic title with a then career-high 26 points in the championship game against Northern Colorado.

The Falcons, 9-6 overall and 1-1 in the MWC, travel to Laramie, Wyo., to face the Wyoming Cowboys on Wednesday, Jan. 16 beginning at 6:30 p.m.

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| | | | | | | | | |
|---|------|---|-------|---|-------|--------|---|--|
| C-130 | C-5 |  | CV-22 | | | C-21 | | |
| KC-135 | C-17 | | | | | C-21 | CV-22 |  |
| | | | |  | | | | |
| | | C-5 | |  | CV-22 | | | C-130 |
| | C-21 | KC-135 | | | | C-5 |  | |
|  | | | HH-60 | C-17 | | MH-53 | | |
| | | | |  | | | | |
| C-5 | |  | C-21 | | | |  | MH-53 |
| | | C-17 | | | MH-53 | KC-135 | C-130 | C-21 |

AFDOKU INSTRUCTIONS

By Capt. Tony Wickman

71st Flying Training Wing Public Affairs

Airlift Aircraft

To solve, place an airlift aircraft into each box so that each row across, each column down, and each small nine-box square within the larger diagram will contain each of the following airlift aircraft: C-5, C-17, C-21, C-130, CV-22, HH-60, KC-10, KC-135 and MH-53.

In other words, no aircraft may appear more than once in any row, column, or smaller nine-box square. Working with the planes already given as a guide, complete each diagram with the missing ranks that will lead to the correct solution.